

CHECKLIST FOR REDEEMING
WIC COUPONS

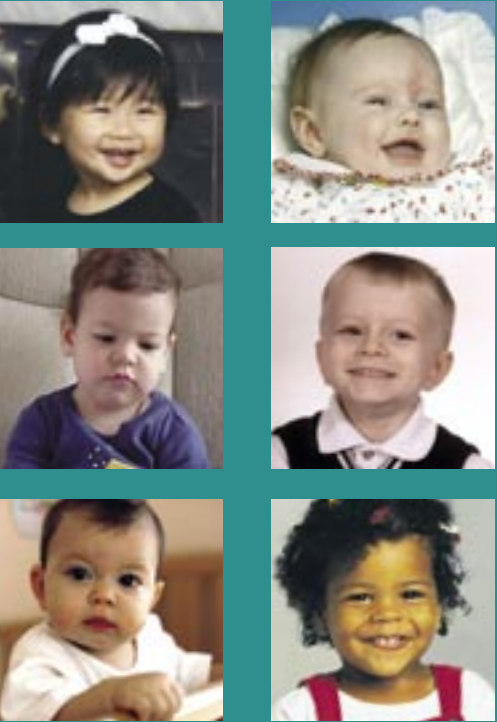
- Make sure the foods selected are WIC authorized.
- WIC coupons cannot be used before the “starting date” or after midnight on the “expiration date”.
- The ID/VOC Folder, Proxy Card or Proxy Information on the ID/VOC Folder must be presented at the beginning of every transaction.
- The total actual dollar amount of the WIC food items purchased must be entered on the coupon in black ink by the cashier.
- The authorized person or proxy must sign and date the coupon after the dollar amount is entered.
- The signature on the coupon must match the signature on the ID/VOC Folder, Proxy Card or Proxy Information on the ID/VOC Folder.
- Rain checks are not allowed.
- Manufacturers’ coupons and any store promotions **may be** used with WIC coupons, including free food.

TO REPORT ANY
WIC PROGRAM ABUSE
CALL THIS TOLL-FREE HOT LINE:

1-800-CALL-WIC

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Breastfeeding is best for your baby

MICHIGAN
WIC
FOOD CARD

Effective: February 1, 2004

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director



Authority: P.A. 368 of 1978 • MDCH-0237 • Rev. 2/04
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482,000 printed at 0.056 cents each with a total cost of \$27,140.83.

MILK

- Whole Milk
- Reduced Fat Milk (2%)
- Low Fat Milk (1% or 1/2%)
- Fat Free Milk (skim)
- Buttermilk

ALLOWED ONLY IF
ON THE COUPON

- Powdered (nonfat dry)
- Evaporated (whole or skim)
- Goat's Milk
- LACTOSE
 - REDUCED MILK
 - Dairy-Ease (all types)
 - Lactaid (all types)
 - C.F. Burger Creamery Lactose Reduced Milk (all types)
 - C.F. Burger Creamery Calcium-Fortified Lactose Reduced Milk (all types)
 - Dean's Easy (all types white only)
 - Calcimilk



NOT ALLOWED

- Flavored Milk (chocolate, strawberry)
- Organic or Value Added Milk (Kid's Milk, Fit Milk)
- Vitamite
- Glass Bottles

EGGS



- Grade A or AA
- Small, Medium and Large Only

NOT ALLOWED

- Brown Eggs
- Free Range, Low Cholesterol, Organic or Pasteurized Eggs
- Eggland's Best, Gold Circle Farms or Good News Eggs

DRY PEAS, BEANS, LENTILS



- 16 oz. package
- Any type

NOT ALLOWED

- Barzi Beans
- Packages with seasoning packets

PEANUT BUTTER



- 18 oz. Jar only

NOT ALLOWED

- Health Valley, Arrow Head Mills or Fifty50
- Peanut Butter mixed with jelly, marshmallow or other flavoring
- Reduced fat peanut butter or peanut spread

FOR BREASTFEEDING WOMEN
(not receiving formula for an infant)

REMEMBER:
Breastfeeding
is the best for
you and your
baby.



CARROTS



- Fresh or canned sliced carrots in water

NOT ALLOWED

- Baby or fingerling carrots
- Frozen carrots

TUNA




- Canned chunk light tuna in water or oil

NOT ALLOWED


- Albacore tuna
- Low sodium tuna
- Foil Packs
- Lunch packs/kits of tuna
- Chunk white tuna

CEREAL These brands only. They have the iron you need.


COLD CEREALS • 11 OUNCE BOX OR LARGER • *Cereals with (*) provide 100% of daily folic acid.*




Cheerios Plain or Multi Grain*




Whole Grain Total Only*




Kix Plain Only




Rice Chex




Wheat Chex*




Multi Grain Chex*




Corn Flakes Plain only




Special K Plain only*




Frosted Mini-Wheats, All Varieties, except Maple and Brown Sugar




Bran Flakes




Banana Nut Crunch Only




Honey Bunches of Oats, Almond




Honey Bunches of Oats, Honey Roasted




King Vitaman*



Life Plain Only*



Squares Plain Only*



Crisp/Crispy Rice

America's Choice Best Yet IGA* Kroger* Meijer Shurfine Spartan*

HOT CEREALS *Cereals with (*) provide 100% of daily folic acid.*



Individual serving packets only, Instant (Regular flavor only)



Individual serving packets only, Any Flavor



28 oz. box only



28 oz. box or individual packets of Original Flavor only



Original or Chocolate only*



Women and children may also buy 8 oz. infant cereal without fruit when cereal is listed on coupon.

WAYS TO BUY UP TO 36 OUNCES OF CEREAL




You may combine cereal up to a total of 36 ounces per month.

12 oz.

12 oz.

+12 oz.



36 oz.



18 oz.

+18 oz.

36 oz.





20 oz.

+16 oz.

+12 oz.



36 oz.



24 oz.

+12 oz.

36 oz.



100% JUICE

JUICES - 46 OUNCES/UNSWEETENED

Any of these juices with added calcium are allowed.



Any Flavor plastic or can



Any type except V8 Splash, no plastic



Plastic or can



Purple or white only, plastic or can



Any Flavor



Apple juice only



100% juice



100% juice



100% juice

FROZEN CONCENTRATE JUICES - 11.5 OR 12 OZ.

Any of these juices with added calcium are allowed



Any flavor with yellow peel strip 100% juice



Pineapple or pineapple blends 100% juice



Minute-Maid Orange Tangerine



Any flavor Old Orchard 100% juice



100% juice



100% juice



Minute-Maid Orange Passion

NON-FROZEN CONCENTRATES

Any of these juices with added calcium are allowed.

Look in the canned juice aisle.





Any flavor with yellow band 100% juice



Any flavor with yellow band 100% juice



JUICE COMBINATIONS



= 2 Juice



= 2 Juice



= 2 Juice

CHEESE

- American
- Cheddar
- Colby
- Mozzarella (string, part skim, whole)
- Brick
- Colby Jack (Cojack)
- Monterey Jack
- Muenster
- Swiss

ALLOWED

- 8 oz. or 16 oz. package only
- U.S. made prepackaged cheese
- Slices without individual wrapping
- Low sodium and low fat cheese of any of the above cheeses



NOT ALLOWED

- Individual wrapped cheese slices or sticks
- Cheese foods, products, whips or spreads
- Shredded, grated, cubed or smoked cheese
- Velveeta or Cracker Backers
- Cheese with pimentos, jalapeno pepper, caraway seeds, meat, etc.
- Farmers cheese
- Organic cheese

INFANT FORMULA

Buy only the exact type and size container of formula listed on your WIC coupon. For example:

If the coupon reads “Similac with Iron” you must buy



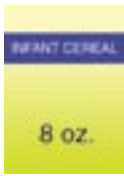
If the coupon reads “Isomil with Iron” you must buy



If your physician changes your formula, you must obtain WIC clinic approval and receive new coupons in order to buy the new formula.

INFANT CEREAL

- Beechnut, Gerber and Heinz dry infant cereal without fruit.
- CHOOSE: Rice, Oatmeal, Barley, Mixed
- Buy 8 oz. package only



INFANT JUICE



- Any brand or type 100% pure juice

NOT ALLOWED

- Infant juice with yogurt
- Tender Harvest